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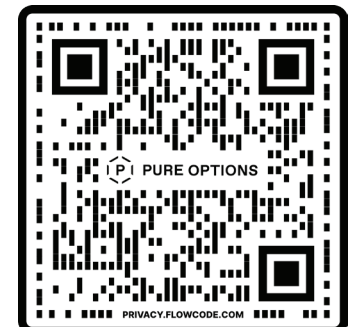


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Sophie Paar | Staff photographer

Central Michigan University students relax on a cool fall morning as they follow along during the poetry reading, Friday, Oct. 6, in Fabiano Botanical Garden.

ON THE COVER: Photo Illustration Andrew Bootz | Designer

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The beauty in every body

Central Michigan Life prides itself on being a voice for those who need it. Now, we're committing to making sure you're not just heard, but seen.

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CMU Students leave the Park Library after studying, Sunday, March 19. Lucas Bieganski | CMLife file

Preserving the **past**, for the **future**

CMU staff, alumni reflect on institution's 131-year legacy

By Courtney Boyd
Staff Reporter

Central Michigan University celebrated its 131st Anniversary on Sept. 13. Founded in 1892 on a plot of 10 acres and with only 20 graduates the first year, to a campus spanning more than 800 acres housing over 10,000 students a year, the institution has grown from its beginnings.

The university has seen various historical moments

come and go. What does change, however, is the impact the school has had on its students.

Central Michigan Life sat down with faculty members and alumni-turned-staff who have dedicated their lives to Central, and discussed where they are now and what CMU means to them.

Carrie Marsh – 1986 alumna

Carrie Marsh is the director of the Clarke Historical Library, located within the

Park Library. The library focuses on special collections that “need a different kind of care and stewardship,” she said.

She remembers her time as a student “vividly.”

“I don’t remember there being campus residence when I attended,” Marsh said. “I actually lived off campus in an apartment, just across (South) Washington Street. I was an English student, so I remember those walks to Anspach (Hall) in the winter, with

the snow coming up to your knees.”

One of the biggest changes Marsh has witnessed on campus is the library she now works in professionally.

“It used to be a four-story box, and the path to it went east to west, not north to south like we have now,” Marsh said. “I used to work as a student assistant ... checking out books, reshelving books, helping students find certain categories. My physical memory of that space, that sense memory is

still there.

“My hope and desire is that CMU continues to thrive, and it doubles down on its values. That continues to look for new opportunities while keeping a clear eye on its history.”

Bryan Whitledge – Public Services Librarian

Bryan Whitledge is the public services librarian for the Clarke Historical Library. His role consists of three steps, according to him: “Finding the good

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Central Michigan Life, the independent voice of Central Michigan University, is edited and published by students of Central Michigan University the second Thursday of the month during the fall and spring semesters. The newspaper's online edition, cm-life.com, contains all of the material published in print, and is updated on an as-needed basis. Central Michigan Life serves the CMU and Mount Pleasant communities, and is under the jurisdiction of the independent Student Media Board of Directors. Regan Foster serves as Director of Student Media at CMU and is the adviser to the newspaper. Articles and opinions do not necessarily reflect the position or opinions of Central Michigan University. Central Michigan Life is a member of the Associated Press, the Michigan Press Association, the Michigan Collegiate Press Association, the Associated Collegiate Press, College Newspaper Business & Advertising Managers Association, the Mount Pleasant Area Chamber of Commerce, Central Michigan Home Builders Association, Mount Pleasant Housing Association and the Mount Pleasant Downtown Business Association. The newspaper's online provider is SNWorks.

Central Michigan Life is distributed throughout the campus and at numerous locations throughout Mount Pleasant. Non-university subscriptions are \$75 per academic year. Back copies are available at 50 cents per copy, or \$1 if mailed. Photocopies of stories are 25 cents each. Digital copies of photographs published in Central Michigan Life are available upon request at specified costs.

Central Michigan Life's editorial and business offices are located at 436 Moore Hall, Central Michigan University, Mount Pleasant, MI 48859, telephone (989) 774-3493 or 774-LIFE.

stuff,” or acquiring information; archiving it and protecting it from wear and tear; and making information available to the public. He has dubbed himself a “specialist of answering questions.”

While Whitledge didn’t graduate from CMU, he has been working at the library for 12 years and has a vast knowledge of the university’s history.

“Did you know there were originally two locations considered for Central Michigan University?” he said. “It was Cadillac and Mount Pleasant. Mount Pleasant already had a college at the time, Cadillac didn’t, but they decided to put it here anyhow. And look at Cadillac now! Sure, they’ve got a beautiful lake, but they’re so different compared to here (Mount Pleasant).”

“There’s something about how we do it in Mount Pleasant that’s a little more special. A college or a university does make a place relevant.”

“CMU is a pretty remarkable place, it holds a special place

in a lot of peoples’ lives,” he continued. “My favorite part are those connections, those genuinely remarkable people who decided to call this place home. So many people have come back and found who they are; the trajectory of their lives have changed.

“There’s a community here,” Whitledge said. “Central is a community, but it doesn’t just happen. We build it.”

Bryan Griffin – 1995 alumnus

Bryan Griffin is the director of Annual Giving, a department that holds fundraiser events for students and departments in need on campus, including the food pantry, the student emergency fund, Finish Up Chips, and other areas of support. The campaign has been running for six years, with annual events occurring during CMU’s anniversary and on Giving Tuesday every year. This year, the department raised over \$441,000, which is a new record for them.



Courtesy Photo | Bryan Whitledge | Public Services Librarian



Michigan Governor G. Mennen Williams gives President Charles Anspach the pen used to sign the act making Central a university.

Courtesy Photo | Bryan Whitledge | Public Services Librarian

Griffin is also an alumnus, and he’s happy to see the school growing and the impact Annual Giving has had on the university and students.

“We’ve had overwhelming support this year, and a great approach with our marketing,” he said. “We ramped up our digital ads this year, and we’ve tried to make them a lot of fun. Both the ads and digital wallet donations have been able to take us to the next level.”

Memories of the past help drive his philanthropic mission.

“Everyone remembers a time they were struggling in college,” Griffin said. “It’s cool to be in a position where you get to help students overcome these struggles. I’ve seen a lot of great things, and I’m really proud of the department we’ve built.”

Hillary Williams – 2008 alumna

Hillary Williams is the associate director of Annual Giving on campus. She graduated in 2008,

but only left Central for a short time before returning.

Williams has been working at CMU since 2016, albeit in a different department than the one she’s in now.

“I used to work for Student Services in the OneCentral office; I was an advisor there,” Williams said. “I helped a lot of students get this money through the student emergency fund or other programs. To work with Bryan on this side of it and on this higher level, it’s been extremely rewarding.

“There’s a lot of nostalgia around campus. It’s always felt like home to me. As soon as you step on campus, you just feel it. I’ve gotten to see it for 20 years, and it’s been a wonderful time.”

Central Michigan Life staff writer Minna Plattenberger contributed to this report.

Maroon Ambassadors of 2023

Homecoming 2023 is set to be filled with fun events of all sorts, from competitions to parties to the ever-popular parade. Kicking it all off, the announcement of Central Michigan University Maroon Ambassadors, having taken place.

Students will vote to select their Gold Ambassadors during homecoming week, with Ambassadors being at the front-and-center in the parade. But before that it's time to roll out the maroon carpet for this year's cast of seven Maroon Ambassadors.

2023 Homecoming Parade



Carolina Hernandez-Ruiz

Junior

Carolina Hernandez-Ruiz, is an international student from Spain. She is a double major in neuroscience and finance.

Hernandez-Ruiz is a part of many of organizations on campus, including:

- The Honors Program, where she is also part of the honors console
- Student Government Association, where she is a senator for the College of Business
- International Students Service Liaison
- Member of the Academic Senate
- Inclusion assistant in Celani hall
- Member of the medical fraternity Phi Delta Epsilon
- Part of the Michigan Finance Scholar program member

- Part of the Wall Street Journal club

Like the rest of the nominees, Hernandez-Ruiz was anonymously nominated by one of her peers. She found out when she received an email from CMU. Now that she has made it through the process of being selected as one of seven students, she feels honored to be in the situation she is in.

"For me, it is completely an honor, I'm not even from (the United States); I'm a first-generation college student," Hernandez-Ruiz said. "I never thought of coming to the U.S., and then ... studying here, and doing those things. And also being an ambassador ... is an honor because only seven students get elected every year, and we basically represent Central."



Jeel Patel

Senior

Jeel Patel has been involved on campus throughout her college career.

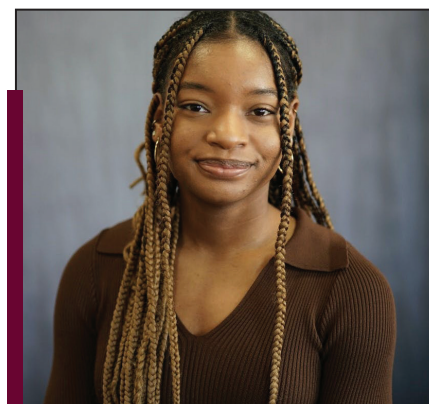
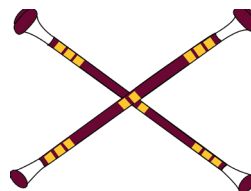
"I'm really excited. I wasn't expecting to make such a big impact on campus, so I guess I'm really honored to be selected," Patel said. "I really enjoy my time at Central and so I've really wanted to give back and I'm so grateful that I have been able to."

Patel is involved in several organizations on campus, including:

- Vice president of Marketing for Program Board,
- Outreach committee chair for Sexual Aggression Peer Advocates,
- Creative director for Faith in Femininity,
- Social media coordinator for the Honors Program
- Impact mentor for the past three

years.

"I really enjoy meeting new people and just getting to connect with people," Patel said. "I meet so many different people on a daily basis, and I think it just makes being on campus so much better. I walk somewhere and I see people I know, and it brightens my day and lifts my mood up."



Ku'Juana Quinn

Senior

Ku'Juana Quinn is doing a double majoring in political science, sociology: social and criminal justice, as well as having two minors in philosophy and leadership and a certificate in Cultural and Global Studies. After graduating, she plans on going to law school.

"I put on a lot of Multicultural Academic Student Services (MASS) office events," Quinn said. "I use my current events as a way not only to educate my residents in (Woldt Hall) but I expand it out so that everyone on campus is able to learn different things. I feel like that's something we're missing that I'm able to use ... the role I have to share the wealth."

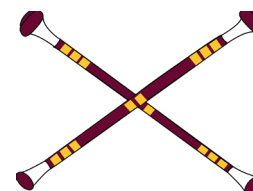
Quinn is part of many programs on campus, including being:

- Inclusion assistant in Woldt Hall;
- Peer facilitator within the Institute for Transformative Dialogue;
- Diversity, Equity and Inclusion Workgroup chair within the Sarah R. Opperman Leadership Institute;
- A campus ambassador;
- A Leadership Advancement Scholar; and

- President of Student Advocates for Prison Reform and the Incarcerated (SAPRI).

Quinn also redrafted the leadership advancement work group to include more diversity within the program and the events they put on for students. When she joined, there were few people of color in the program. She said she wanted to make it a more welcoming space for herself and other students of color.

"One thing people might recognize most is Leadership Safari redrafted the whole entire identity activity," Quinn said. "It used to be a bead activity. ... It made a lot of people who had underrepresented identities feel exposed because they wouldn't have any beads on their bracelets because they didn't have the privilege. ... We did a different activity about identity and made it so everyone could feel like they could explore their identity."





Sophia Scarnecchia

Senior

Sophia Scarnecchia is from Ann Arbor and majoring in health and physical education. She works multiple jobs on campus, while being the president of CMU Spectrum, the main LGBTQ+ organization on campus.

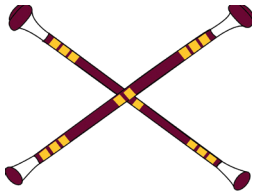
While working her job as a lifeguard at the Student Activities Center (SAC), a women who participated in the senior citizens group told her that she would like to nominate her for the position as a Maroon Ambassador.

"One of the ladies there came up to me and she was like, 'They're starting to

collect candidates, to nominate for Homecoming, and I wanted you to know that I think you're a good candidate, and I really want to nominate you,'" Scarnecchia said. "That's where it started."

Scarnecchia feels that her work has gone noticed.

"For all the ambassadors it shows that our work had gone noticed," she said. "The more I think about it, the more I realize how big it is (population of CMU). Yes, there are seven of us, but there are 20,000 people at CMU."



Gabriela Terrones

Senior

Gabrielle Terrones is majoring in early childhood education and special education. She has been a residential assistant in Woldt Hall for three years, as well as involved in clubs for Hispanic and Lantix students such as La Gente and the Society of Hispanic Professional Engineers.

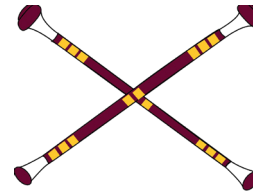
When Terrones received the email notifying her of nomination, she was surprised.

"I was aware of the ambassadors, but I'm still not sure how I got nominated," she said. "I'm honored to be cho-

sen. I like the appreciation and that people are thinking of me, and think I'm qualified enough to be nominated."

To Terrones, being a Maroon Ambassador means that she's a well-rounded person.

"This year people (nominated) are heavily involved on campus, and I respect the reason they're here," Terrones said. "To be able to be a person that others can see are being helpful in the community and on campus, someone that wants the best for CMU, that's what matters."



2023 Homecoming Parade



Sarah Gum

Senior

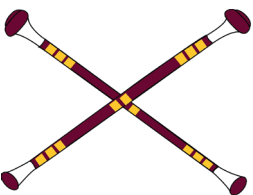
Sarah Gum made it her goal to be as involved on campus as possible since her freshman year.

A student of social science, she is part of the (SGA) at CMU, a campus ambassador since her freshman year, a campus tour guide and a president of the social sorority Phi Sigma Sigma.

Gum has also been a Leadership Safari guide and a leadership advancement scholar. Over the summer, she served as an orientation mentor for incoming freshmen and transfer students for the

College of Education.

"Being a maroon ambassador this year, my goal is just to be as inclusive and welcoming to all students on campus as possible," Gum said. "All I hope is that people know who I am by a smiling kind face ... I'm just really excited to represent CMU this Homecoming."



Ashley Harvey

Senior

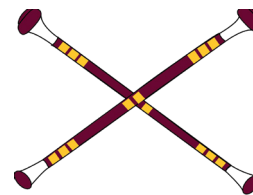
Ashley Harvey from Freeland, Michigan, is majoring in biology: ecology, evolution and conservation.

Harvey is involved in several activities and on-campus organizations, such as the Honors Program, Student, SGA, Faith in Femininity and marketing coordinator in a research lab.

Being a Maroon Ambassador, Harvey said "is a chance to represent CMU and share what makes this school feel like home to me."

Harveys' role as Maroon Ambassador is an accomplishment and opportunity that she plans to use to represent CMU's values and students, on and off campus.

"I wanted the opportunity to represent CMU and connect with CMU students and alumni," Harvey said.



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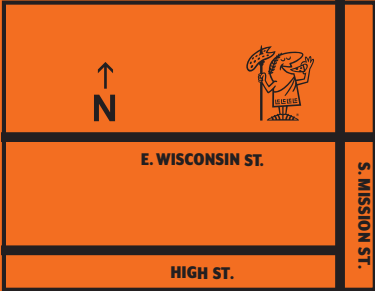
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A lifetime of love and loyalty

By Renae King
Staff Reporter

For Bill and Carla Kanine, Central Michigan University is more than just a school, but a cherished part of their life story. From their early days as undergraduates to becoming grand marshals for this year's homecoming parade, their connection to CMU has deep roots.

Their journey began at Shepherd High School, where the couple first met and fell in love. Shortly after their graduation, they got married.

Growing up in Central Michigan, Bill and Carla said they were drawn to CMU because of its familiarity.

"I spent a lot of time at CMU watching ball games or playing at Finch Fieldhouse/Rose Arena and swimming in the pool that used to be there," Bill said. "So, I was very comfortable with the campus, and because of that comfort, after high school it was a logical and good place to go."

CMU quickly became their "first home," as they moved into mar-

ried housing in September of Bill's freshman year. There, they raised their two daughters while simultaneously pursuing their educational and professional dreams.

Bill pursued a degree in business administration during his time at CMU, eventually becoming a certified public accountant. Meanwhile, Carla, although taking a few classes, primarily focused on nurturing the family.

Their days were a whirlwind of classes, parenting and part-time jobs – Bill at the United States Postal Service and Carla at a local restaurant.

Their connection to CMU deepened when they became resident assistants at the Northwest Apartments on campus. This role allowed them to connect with other married couples and young families.

"It was a great place for us to start our life together," Carla said. "It was a very tight knit group of people and friends... that really helped us be able to kind of bond as a family."



Courtesy photo | Bill and Carla Kanine.

After Bill graduated in 1982 and their daughters started school, Carla went back to CMU to pursue a career in education. She later taught fourth and fifth grade students in Northern Michigan.

Despite the challenges of juggling family life, academics and work, the two both look back on their time at CMU fondly.

"We liked our neighbors, we liked the community," Bill said. "It was a place where you could

participate and be happy, and that was important when you're 20 years old with kids and going to college."

Their connection with CMU continued even after they left Mount Pleasant to pursue their careers in Northern Michigan.

Over the years, the couple has made donations to support various CMU projects, including the Chippewa Champions Center, the Baseball/Softball Turf Project, the Medical School and the Chippewa Athletics Fund.

In 2011, Bill was appointed by former Gov. Rick Snyder to serve as a member on the Board of Trustees, where he spent eight years.

"You get to see how a big institution works, working in governance and finding out all the things that you never know as a student or really as just a community member," Bill said. "It was a great experience. (I) worked with great people."

Over the summer, CMU President Bob Davies asked Bill and

Carla to be the grand marshals for this year's homecoming. While initially taken aback, the Kanines happily agreed.

"We're extremely honored," Bill said. "Perhaps not the most deserving, but there are tremendous people that have represented Central Michigan as grand marshals, and we're just happy and humbled to be included in that group."

As they prepare for this year's festivities, Bill and Carla are looking forward to reuniting with old friends and being a part of the CMU community.

"We probably would have been there, but (we'll) maybe just be standing in some different shoes," Carla said. "So it's exciting to be able to be involved with all of that."

The weekend of homecoming, Bill and Carla will return to their first home, once again.

"We're coming home," Bill said. "It'll be fun to see a lot of great people and interact with all the excitement and activities that are going on. We're very thankful."

Home is where the heart is: Here's what to do during CMU's Homecoming

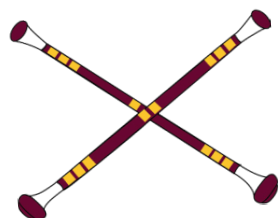
By Eden Phillips
Staff Reporter

Back home to classrooms, sports fields and streets of Mount Pleasant: Central Michigan University opens its doors to students, family, friends and alumni. Here are some events that are held during the CMU Homecoming week, according to Alumni Relations website.

Thursday, Oct. 12

The Print-A-Thon:

It will be held at 6:30 p.m. in Room 148 of Wightman Hall. Students can make relief prints and trade with other artists. Supplies, snacks and a collage-making station will be provided. Attendees will make 15 prints and can submit them for trade.



Friday, Oct. 13

CMU vs. Ohio State:

The feild hockey game starts at 2 p.m. on Christy Freese Field.

The Rock Rally:

It will take place from 7 p.m. to 9 p.m. in the Plachta Auditorium. A lip sync and dance competition will be available for students to win the Gold Cup Trophy. It will also include the announcement of the Gold Ambassador for 2023.

Dance Party:

It takes place at 10 p.m. in the Multi-Activity Center (MAC) Gym.

Saturday, Oct. 14

The Special Olympics Michigan 5K:

The race begins at 8 a.m. at Finch Fieldhouse and goes through campus.

The Homecoming parade:

It steps off at 11 a.m. from Parking Lot 22 and goes through campus and downtown Mount Pleasant.

Tailgating:

Tailgate lots open at 11:30 a.m.

CMU vs. Akron

Homecoming game kicks off at 3:30 p.m. at Kelly/Shorts Stadium. Fans are encouraged to wear gold clothes for the Gold-Out game.

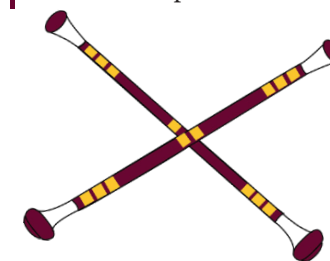
Sunday, Oct. 15

CMU Softball:

They have a fall scrimmage against Saginaw Valley State University at noon in Margo Jonker Stadium.

CMU Soccer:

They play Akron at 1 p.m. at the Central Michigan University Soccer and Lacrosse Complex.



Throughout the weekend, several Alumni events will be organized by Alumni Relations and more events will be held for students and visitors on campus. For a full event list, visit <https://www.cmich.edu/offices-departments/alumni-relations/connect/alumni-events/cmu-homecoming>.

Not just seen but heard

Our newsroom strives to represent different voices and different beauty

EDITORIAL

There comes a time in every young woman's life where she begins to strive for a perfect body. Except it's not just women. And it's not just young people.

Most importantly, perfection is a laughable impossibility.

Members of the *Central Michigan Life* newsroom have long been dedicated to being the student voice on campus. But as technology opens up new opportunities for different types of media, we are determined to continue representing a beautifully diverse viewership.

That means different shapes, sizes, colors, orientations and identities.

As a media organization, we recognize the role various other forms of media have played in the past when it comes to body image.

Social media and history

The National Library of Medicine published the results of a study on the connection between the use of Instagram and the body image of young girls.

"Our final model results show that browsing on Instagram was associated with lower levels of body appreciation, fully mediated by upward social comparison with social media influencers," according to the NLM.

But it doesn't start with social media. There's a long history of changing social expectations for women's bodies, especially in Western and European cultures.

An article by Glam showcases these changes over time:

- Paleolithic era: full-bodied women as a sign of fertility
- Ancient Egypt: hourglass shapes and symmetry
- Classical age in Ancient Greece: larger, curvier and plump
- Middle ages: not having the plague
- Renaissance: emphasis on curves and brown eyes
- Regency era: slender and tall; think Netflix's "Bridgerton"
- Victorian era: petite and delicate with cinched waists
- Industrialization era: petite curves, curls and bedroom eyes
- Roaring '20s: slender and androgynous
- 1930s-1950s: curves, curves, curves; think Marilyn Monroe
- 1960s-1990s: extremely thin supermodel look

All of these changes show that beauty not only comes in all shapes and sizes, but is a changing concept that one body shouldn't be expected to exemplify all the time.

There's a darker side to poor body image. And it comes in the form of unhealthy "fixes," like questionable diet pills and disordered eating.



Nico Mendoza | Visuals Editor

(Top row from left) Senior Paige Davis, graduate student Nirav Patel and sophomore Odessa Watson, (bottom row from left) graduate student Anya Turner, junior Eleanor Dolata, and freshman Faith Phillips pose for a studio portrait, Tuesday, Oct. 10, in Moore Hall.

Entertainment media influence on eating disorders

If it's not coming directly from social media influencers, eating disorders are chronically romanticized in entertainment media. When you see disordered eating in a movie or T.V. show, more often than not it's a young white girl with anorexia. But that's not the whole story.

According to the National Association of Anorexia Nervosa and Associated Disorders (ANAD), there are disparities in diagnosis and treatment for minority groups.

ANAD listed Black, Indigenous People of Color (BIPOC) as more likely to experience symptoms of disordered eating, but less likely to be diagnosed or asked about it by their doctor.

The trend continues for members of the LGBTQ+ community. Transgender college students are listed by ANAD to experience disordered eating at four times the rate of their cisgender classmates. And 87% of LGBTQ+ people say they're dissatisfied with their body, 7% higher than their

half as likely to be diagnosed with an eating disorder than people who are "underweight" or at a "normal weight."

"Larger body size is both a risk factor for developing an eating disorder and a common outcome for people who struggle with bulimia and binge eating disorder," according to ANAD.

What about men?

The range of media represented body types for men is small, going from beer-bellied dad bod to muscle machine with little-to-no middle ground.

Even in some fantasy books there aren't a lot of options: The male lead and romantic interest is tall with dark hair and a powerful presence. We've seen men more often than women posting unsolicited comments on social media, but that doesn't mean men aren't painfully aware of their own physique, or even struggling with it.

According to the Better Health Channel, there are some behaviors that indicate poor body image and disordered eating in men:

- Excessive dieting
- Periods of binge eating
- Compensating for food consumption with purging and excessive exercise
- Steroid misuse

But something that's different for men and women are aging standards.

We've seen more men represented as attractive as they age, from young men to fathers with dad bods to the stereotypical "silver fox." Women on the other hand, not really.

Young women are represented in movies as attractive, but we haven't seen middle-aged women considered appealing or even represented until they reach the age of Medicare eligibility.

So where does that leave us? People of every age have contributions to make to the world, whether it's wisdom earned from years of experience, a workforce of skillsets or new ideas. And that has nothing to do with physical appearance.

Into the future

For the past year CM Life has been committed to being open with who people are. They haven't been posed to hide socially perceived flaws in photos.

We are uniquely able to model what we want to see in this conversation and the media industry, putting photos of people of all types of beauty in front of 300,000 over the course of the year.

It is not only our responsibility to uplift voices that go unheard, but people who go unseen. And we're ready to explore this possibility.



Illustration by Caroline Sharbaugh | Presentation Editor

straight counterparts.

What about the stereotype of the skinny girl with an eating disorder? That's still around, and it has an impact.

ANAD lists people with larger bodies as

OPINION: Guest Column

Keeping our discourse respectful in polarizing times

If asked, many of us would describe ourselves as “conflict-averse.” We feel uncomfortable when confronted with challenging ideas and people, and many of us would go out of our way to avoid disagreement. Today, I’d like to challenge you to embrace the discomfort and to choose to engage in the art of respectful disagreement.

While developing Central Michigan University’s new strategic plan, we reinforced the idea that to fully unlock our potential and truly be an exceptional place to grow, we must invite diverse ideas and engage with them. One objective of our plan aims to “establish the university as a national model of an inclusive campus that ensures unwavering exploration of all ideas, ideologies and perspectives by promoting opportunities for creative and courageous conversations.”

We aspire to make our campus a marketplace of ideas, where students, faculty and staff have access to all perspectives on an issue, can think critically about them, and then decide for themselves where they stand. To achieve this goal, we must intentionally invite diverse speakers and groups, and we will purposefully engage in discussions and debates that allow us to share our opinions,



Bob Davies

Central Michigan University President

experiences and perspectives.

Naturally, welcoming all viewpoints means there will be disagreements — sometimes strong disagreements. There will be times you feel uncomfortable when faced with ideas you do not like or understand. These moments provide tremendous opportunities for us all to engage, learn and grow.

Disagreements can build emotional resilience, reinforce or change your perspective, and enhance the empathy you demonstrate to others. If approached with a growth mindset and commitment to self-improvement, respectful disagreements not only expand your knowledge but also improve your ability to

have constructive dialogue in the future.

So, ask yourself: Are you willing to grow? Know that you have a choice: When confronted by a viewpoint you disagree with, no matter how uncomfortable it may feel in the moment, you can engage, or you can walk away. You can choose to use words that invite discussion and help you to build toward mutual understanding, or you can react in a way that prevents any chance of meeting in the middle.

Remember: You control your actions and reactions, and there is always room for civility.

Today, I’d like to challenge you to embrace the discomfort and to choose to engage in the art of respectful disagreement.

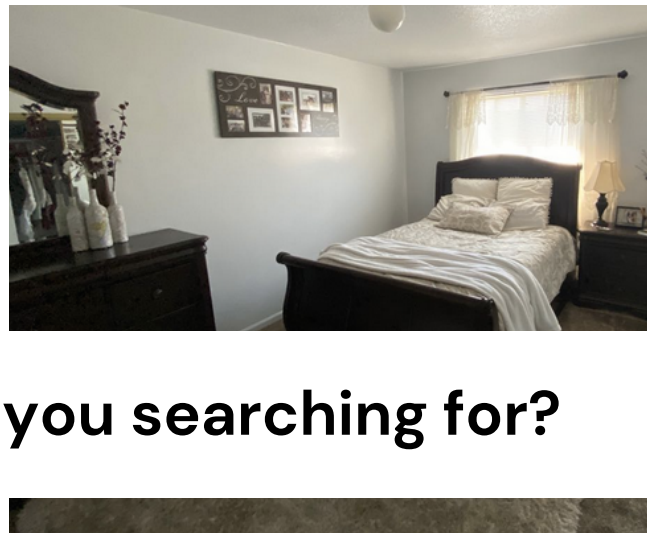
One of my earliest and most important lessons in leadership was recognizing the value of working with a diverse team. It might be very satisfying to have people unanimously agree with my opinions; however, it will not lead to the best decisions. It is vital to surround myself with individuals whose

thoughtful questions will challenge my ideas, who will fill in gaps in my knowledge and experience — people who see the world differently, and whose lives and perspectives are unlike my own.

I encourage you to surround yourself with people with diverse views. You could join student organizations that challenge your worldview. Lectures or discussions like Soup and Substance and the Griffin Forum bring thoughtful and challenging ideas to campus. There are many opportunities at CMU to expose yourself to diverse perspectives.

CMU’s new strategic plan renews our commitment to make CMU a place that welcomes diverse ideas and opinions. We may vehemently disagree with some of those ideas and opinions, but we should listen with respect and engage appropriately. By doing so, we are creating richer, more meaningful experiences.

Dr. Robert Davies has been president of Central Michigan University since Sept. 1, 2018. He additionally sits on the Michigan Workforce Development Board, is board chair of the Central Michigan University Research Corp. and also serves on the boards of CMU Medical Education Partners and the Great Lakes Bay Regional Alliance.



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HEALTH

Sexual health for CMU students

By Annaliese Damm
Staff Reporter

Heading to college, students have many questions, but there is one that seems to be considered taboo: How will you take care of your sexual health while at school?

For students at Central Michigan University, the Central Michigan District Health Department is here to help.

From sexually transmitted infection (STI) and human immunodeficiency virus (HIV) testing and care, to free condoms and pregnancy tests, CMDHD works to ensure Michigan residents

(including CMU international students) receive the care they need when it comes to a person's sexual health.

STI/HIV Testing

CMDHD in Mount Pleasant offers a multitude of services, one of which is confidential STI and HIV testing at their facilities. These tests are on a sliding fee scale with students paying what they can afford, even if it is nothing, and are available to everyone regardless of sex or gender.

"If at any point (you) cannot pay, we would never deny (you) services, we just continue doing



Courtesy Photo | CMDHD

Central Michigan District Health Department building located at 2012 E Preston St, Mount Pleasant.

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what we need to do,” Shelby Pasch, CMDHD Health Promotion Supervisor, said.

Testing for STIs and HIV includes results for chlamydia, gonorrhea, syphilis, HIV and hepatitis C. This testing is available without the need of parental consent if the individual is 13 years of age or older.

Both call-ahead and walk-in appointments are accepted. If students don’t feel comfortable going to the health department for testing, CMDHD allows people to order free, at-home HIV test kits.

Why Should I Get Tested for STIs or HIV?

According to the Michigan Department of Health and Human Services, sexually transmitted infection, or STI, diagnoses were as follows.

For every 1,000 people in Michigan in 2022, there were:

- 428.9 cases of chlamydia
- 163.2 cases of gonorrhea
- 18.2 cases of latent syphilis
- 9.7 cases of primary and secondary syphilis.

As a point of reference, the U.S. Census Bureau QuickFacts database shows there were just over 10 million residents in Michigan in 2022.

Of these STI cases, a large percentage of those diagnosed were 25 years old or younger -- 63% for chlamydia, 46% for gonorrhea and 20% for syphilis.

What is HIV?

HIV is a virus that destroys CD4 T cells, or “white blood cells that play a large role in helping your body fight diseases,” according to the Mayo Clinic. In short,

HIV attacks the body’s immune system. If not treated, it can develop into AIDs, or acquired immunodeficiency syndrome.

According to the Mayo Clinic, HIV is spread by multiple pathways: through sexual contact, through the sharing of needles, from mother to child during pregnancy or breastfeeding, or through any other contact with HIV-infected blood.

Currently, there is no cure for

HIV. But that doesn’t mean symptoms can’t be alleviated.

CMDHD offers a treatment program to those living with HIV or AIDS called the Ryan White Services. Here, each individual is assigned their own case manager who works directly with them to develop a care plan that makes the patient most comfortable.

Case managers can provide medication to those who have HIV that makes the virus unable

to be transferred to anyone else. Case managers also provide a variety of other services, including regular check-ups to make sure medications are working as they should, mental health support, food assistance with a licensed dietician, help for working out payment with insurance providers and programs to help people quit using tobacco products, among others.

Pre-Exposure Prophylaxis Medication, or PrEP Medication, is another service offered at the Health Department. PrEP is taken as a preventative measure to reduce an individual’s chances of contracting HIV. If you’re concerned you’re at a higher risk of getting HIV, book an appointment with CMDHD to discuss PrEP Medication.

Along with testing, CMDHD offers annual exams at their clinic. During these exams, you can get tested for STIs, discuss birth control options or talk with a healthcare provider about any other concerns you might have.

Pregnancy Tests

CMDHD provides urine pregnancy tests and free condoms. To order free condoms, a person can fill out a form at CMDHD.org/testing.

According to UnplannedPregnancy.com: “More than 2 million women between the ages of 18 and 24 become pregnant each year, and college pregnancy rates mean that about 26% of undergraduate students are parents.”

Pasch said CMDHD offers a comfortable, confidential, and most importantly, low-cost environment for students to access the help they need if they find themselves in this situation. If a test comes back positive, CMDHD will work to connect the student to pre-natal support and discuss with the patient what their options are.

Pap Smears

For young women, a pap smear may be something they’ve heard their friends or their mothers getting, but they’re unsure as to what exactly it is and why they need it.

A Pap smear, or pap test, is a service provided to females to test for cervical cancer. The sooner cervical cancer is detected, the greater the chance is for a cure for the individual, according to the Mayo Clinic.

How do you know if you should get a pap smear? The American Congress of Obstetricians and Gynecologists recommends that all females get pap smears every three years starting at age 21. If you’re 21 or older and haven’t had one yet, no worries: It can be scheduled at CMDHD by calling (989) 773-5291.

Request Sexual Health Education

If you want to know more about the best way to take care of your sexual health, CMDHD has a form on their website you can fill out with your contact information for a staff member to reach out to you and answer any questions you may have.

“We really take into consideration ... how vulnerable you have to be to walk through our door,” Pasch said. “You’re going to see a friendly face.

“The best part of our job is providing that safe space for an uncomfortable conversation. ... I promise you we’ve heard it all, we’ve seen it all, and we don’t care. We are here to help you have the best sexual relationships that you can have.”

STI Facts

According to the Michigan Department of Health and Human Services, sexually transmitted infection, or STI, diagnoses were as follows.

For every 1,000 people in Michigan in 2022, there were:

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- 163.2 cases of Gonorrhea
- 18.2 cases of Latent Syphilis
- 9.7 cases of Primary and Secondary Syphilis

For reference, the population of Michigan was at approximately 10.03 million people in 2022, according to statista.com.

Of these cases, a large percentage of those diagnosed were 25 years old or younger: 63% for chlamydia, 46% for gonorrhea, and 20% for syphilis.

Central Michigan District Health Department
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<i>Meditation</i> 4pm-4:45pm in Wellness Studio	<i>Strength</i> 6pm-6:55pm in MP Fit	<i>MMA Fit</i> 6pm-6:55pm in MP Fit	<i>Strength</i> 6pm-6:55pm in MP Fit	
<i>Hatha Yoga with Meditation</i> 7pm-8:15pm in Rose 134		<i>Hatha Yoga with Meditation</i> 7pm-8:15pm in Rose 134		<i>Mystery Class</i> 10am-11am in Rose 134 *Free Class

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“WE INSPIRE ENGAGEMENT”

A weight-focused culture

Eating disorders connection through mental health

By Quinn Deighan
Staff Reporter

Each year there are 10,200 deaths as a result of an eating disorder that's one death every 52 minutes, according to National Association of Anorexia Nervosa and Associated Disorders (ANAD).

Lisa Carpenter, one of the counselors at Center for Hope Counseling in Mount Pleasant, works with patients that have been diagnosed with an eating disorder.

Eating disorders are not something that you get at a certain age. They can develop in anyone of any age. But the reason why they may develop in some people is depends on experiences she said.

"However, most of my clients will trace their disorders back to elementary school," Carpenter said. "They went through trauma that they got the body image and food insecurity. But there's also people that are middle aged that just pop up as well."

Samantha Hahn is an assistant professor and population health researcher at the College of Medicine at Central Michigan University. Her research aims to spread awareness for people who have gone undiagnosed throughout their lives or a certain amount of time.

"We live in a culture that is really focused on weight and values thinness and leanness and muscularity," Hahn said. "And that pops up in so many different ways that can be diet, talk, family pressure, from your physician, social media and/or television."

Eating disorders have a lot of impacts on mental illness, such as increased likelihood of depression or obsessive compulsive disorder (OCD), Carpenter said.

A student wanted to share their



CM Life Photo Illustration

Ella Miller | Staff photographer

story to show others they aren't alone but asked to stay anonymous to maintain their privacy.

Along with eating disorders being intertwined with each other, food insecurity has a big play in both of these things, Hahn said.

Food insecurity can form due to many reasons, and sometimes subconsciously. It can affect mental health as well. If you aren't in a space where you can get the proper nutrients, that obsession can start and there are mental and physical restrictions that start to develop, she said.

"It's essentially the inability to access enough food that is desirable, affordable, meets your needs and also your desires," Hahn said.

In a survey, Hahn found that eating disorders affect people of all body shapes, genders and sexual orientation, races, religions and ethnicities.

"People who have an eating disorder don't want to let other people know they are struggling," Hahn said. "The best thing that you can do for someone is ask them if they're okay. People may be at various stages of being ready or able to accept help."

Eating disorders stem from other mental illnesses and can improve or get worse, based on how the person's other mental illnesses track. OCD, anxiety and depression are all examples of mental illnesses that can lead to eating disorders, both Carpenter

and Hahn said.

"There's also a strong link between eating disorders and substance use, suicide and self-harm," Hahn said. "An eating disorder

is really complex and depends on the disorder, and there is a likely bidirectional relationship — meaning they both contribute to each other — and is also very dependent upon the person."

Eating disorders can be emotionally and physically damaging to a person when they aren't being treated or when they don't acknowledge they have an eating disorder, Hahn said.

"It's about trauma, emotional dysregulation," Carpenter said. "It's about fear, it's about not having control."

"When someone doesn't get proper nutrition, there's a gut-brain connection and it affects thinking, ability to concentrate, work and interacting with people. (A starving brain) can affect brain chemistry and how people talk to others."

If you or someone you know experiencing eating disorders, seek professional help at:

- CMU Counseling Center: 989-774-338;
- National Eating Disorder Association: www.nationaleatingdisorders.org;
- Crisis hotline 988.

For more information, contact Carpenter at 989-954-4673 or centerofhope2016@gmail.com.

Seeking help

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- Crisis hotline 988;
- Center of Hope Counseling Center: 989-954-4673 or centerofhope2016@gmail.com.

Alumni Feature

'There's a light at the end of the tunnel'

CMU hockey holds fundraiser for alumnus battling cancer

By Megan Youngblood
Sports Reporter

Editor's note: Reporter Megan Youngblood had a pre-existing connection to Steven Jacques. In no way did this affect the reporting or writing of this story.

Hockey has always been a part of Central Michigan Alumnus Steven Jacques's life.

"I've been watching the Red Wings since, literally, I was weeks, minutes, months old," Jacques said. "I watched my dad buzz around in beer league. ... At around four or five I tried every sport ... and hockey is the one that really stuck."

Now the former right winger has his sights set on a different type of goal--beating cancer. Jacques was diagnosed with Hodgkins Lymphoma earlier this year.

Where it all began

He began playing for the city of Royal Oak when he was 5, and played until his freshman year of high school when he moved on to Bishop Foley High School hockey.

Aside from playing, Jacques coached younger kids at his home rink in Royal Oak during high school.

After high school, Jacques thought his competitive hockey career was over and was only left playing in beer leagues at his local rink. But connecting with a new friend sparked the idea of not only his hockey career but his academic career as well.

"I was at Oakland Community College for my first two years," Jacques said, "I got to know Michael Schwanke through my other friend and he (Schwanke) was playing at Central. ... I was kind of asking him about hockey and everything and how he liked it and if he saw a path.



Courtesy Photo | Mark Nicholas

CMU hockey alumnus Steven Jacques coaches young athletes at 4D Hockey Training in Madison Heights.

"But in terms of academics, I got my degree in sport management and Central's Sport Management Program is one of the best, so it was kind of a perfect storm."

Packing up his belongings, Jacques moved two hours to CMU to study sport management and play competitive hockey once again on the Division II club hockey team before graduating in 2020.

Little did Jacques know that playing and coaching hockey would lead to an endless amount of support when he needed it most.

A different kind of battle

At the end of May 2023, Jacques was shaving one morning and felt a lump on the lymph node of his neck, sparking concern.

After waiting a few days to see if it would go down or go away, Jacques decided it was time to see a doctor and figure out what was wrong.

After multiple scans and tests, it was revealed that the lump on his lymph node was Hodgkins Lymphoma, a disease in which cancer cells form in the lymphatic system.

"I went in and did a bunch of tests, and they were all kind of inconclusive," Jacques said. "So, then they just decided to take it completely out and then when they did the tests after they took it, that's when I got the diagnosis."

Jacques was diagnosed and categorized as stage one. The prognosis was caught early enough that treatments were hopeful.

"It was pretty emotional, obvi-

ously," Jacques said. "We caught it pretty early on, it was still late-stage one so nothing too serious in terms of cancer, but it was emotional and I had a lot going through my head. It was a tough day for sure."

At first, Jacques wanted to go through everything on his own and had no plans of telling anyone outside of his family.

"If it were up to me, I would have done this entire thing and not told anyone," Jacques said. "My family, like my mom, (has) been to pretty much at all my appointments or if I ever stayed in the hospital, my mom and my dad would be there."

But when he started missing work and changing physically, people at his work started to notice.

Jacques's colleagues at 4D Hockey Training in Madison Heights wanted to help. The goal was to give Jacques a break from work during his treatments, and thus a GoFundme was born.

"I was attempting to be business as usual," Jacques said. "... The GoFundMe came out and let the cat out of the bag. I was working around my treatments, and then they set up the GoFundMe for me so that I can focus on getting better and not have to worry about bills."

Soon after the fundraiser was created and posted, an influx of donations and support began to roll in.

Former players, coaches, friends and classmates began to flood Jacques's phone with messages of support and donations.

"It was pretty crazy," Jacques said. "A lot of my friends that I talked to pretty regularly (but) that I didn't tell were commenting."

"But people that I hadn't talked to since I graduated from Foley were messaging me. ... Parents of

kids I coached ... even texted me or donated and that made me feel pretty good because I feel like they wouldn't have donated if I didn't make an impression on their kid."

Fire up forever

Jacques' story began to grow and made its way back to Mount Pleasant -- specifically Martin Ice Arena where he worked during his time at CMU.

Martin Ice Arena staff wanted to help Jacques with a fundraiser of their own, and with the help of the three club hockey teams on campus, another donation was made in Jacques' honor.

"It was pretty incredible," he said.

On Sept. 30, all three club hockey teams played at home and honored Jacques before their games. The Martin Ice Arena personnel hosted a bake sale and open skate, with all proceeds going towards Jacques and his treatment financial needs.

With the bake sale, open skate, and other donations on Saturday, just about \$1,000 was raised, and so far, \$14,135 has been raised as of Oct. 11, from the GoFundMe.

"The Central teams honoring kind of came out of nowhere," Jacques said. "They didn't ask if it was something I was interested in or anything, they just kind of did it."

"It's kind of crazy that I haven't gone there or played there for close to four years now, and them still thinking about me and wanting to do this for me, it was pretty cool."

How to help

Donations to Steven Jacques' GoFundMe campaign are still open. To make a contribution, visit <https://gofund.me/844089cd>

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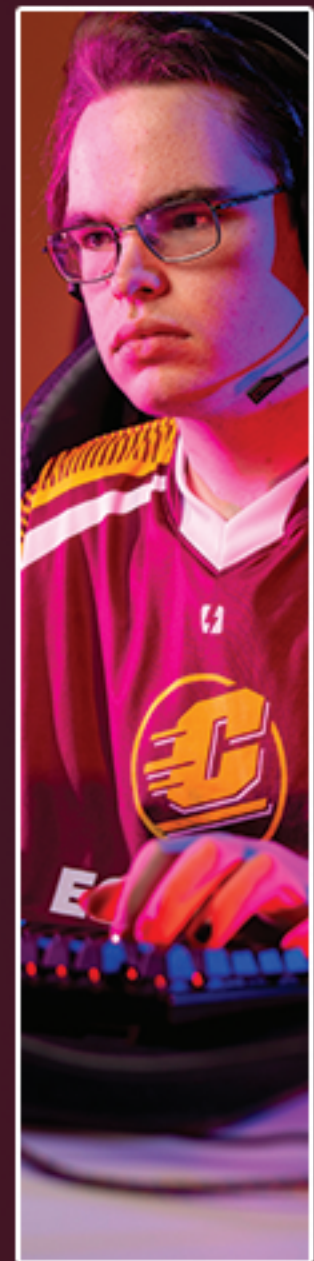
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SPORTS

Mind game

CMU's Allison LaPoint returns to the goal, following a season sidelined by concussion.

By Sydney Neal
Sports Reporter

As a young girl, Allison LaPoint spent her childhood dreaming of being a goalkeeper. Although she didn't start out as a goalie, she slowly found her passion for protecting the net after being thrown into the position during a game.

"I was always a 'yes' person when I was a kid," LaPoint said. "I eventually was like, 'yeah I'll try it out' and I've been into it ever since."

Growing up in Royal Oak at a small school, the opportunity to get scouted by college teams was low. Her club team, Vardar Soccer, opened the opportunity for LaPoint to play at Central Michigan.

"I ended up committing here my junior year," LaPoint said. "I loved the campus; I had already been on campus a little bit because my older sister went here and that was a big selling point for me."

LaPoint spent many of her adolescent years in Mount Pleasant, as she is the daughter of two Central Michigan alumni. LaPoint immediately clicked with the team and the campus as she started her first year in 2020.

A hard-learned lesson

During her freshman year at CMU, she played all 90 minutes for nine games, making her the starting goalkeeper for the season. She continued to be the starting goalkeeper until her season-ending injury in March of 2022.

"I got hit in the head at a practice during the spring season," LaPoint said. "I ended up being fine and practicing that week but then I started to feel a little off, so they sat me out for concussion protocol."

LaPoint spent months recovering from her concussion, eventually deciding to sit out her junior year. She took this opportunity to learn the game from the sidelines by watching her teammates

play.

"I had to take the role of being a positive leader on the bench," LaPoint said. "It was new to me and hard to accept for a little bit, but I realized I had to take a season off. It was a rough season for us, but I enjoyed it, I learned a lot from the sidelines. As a goalkeeper, you must know all positions, so I learned a lot just by watching."

Throughout her recovery process, LaPoint was able to assess herself both physically and mentally by realizing that she needed to adapt to a new normal and break old habits.

"I'm a very mental player," LaPoint said. "I think the most important thing is just staying positive. It's about learning from those mistakes and just moving on, especially because I don't have that much time left here."

For LaPoint, her injury was not a negative but rather a positive. A year ago, she didn't step foot on the field, now she is faced with playing full 90-minute games all season.

"I'm a big overthinker," LaPoint said. "I must take a step back and look at the bigger picture. A year ago, I wasn't playing, so I am very lucky to be in the spot that I am now. It has made me grateful for every opportunity I have had."

Not living with regrets is one of the biggest takeaways that LaPoint carried into the current season. She has grown to realize the importance of seizing every opportunity and dedicates her game to herself and those who have supported her from the beginning.

"I think it's playing for others as much as playing for myself," LaPoint said. "I strive to make (the jobs easier for) the people around me ... and I know they do the same for me."

Playing it game by game

This season, the Chippewas strive to win the Mid-American Conference championship, however, LaPoint has separate



Jenna Spanola | Staff photographer

CMU goalkeeper Allison LaPoint poses for a studio portrait, Oct. 2, in Moore Hall

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goals for herself as she finishes out her last few seasons as a Chippewa.

"I pride myself in shutouts," LaPoint said. "I want to get as many shutouts as I can get. I had six my sophomore year and I want to beat that number."

LaPoint has started every game for the Chippewa's this season and has made a total of 52 saves. The season continues, with less than five games and still plenty of opportunities for her to earn shutouts.

LaPoint expressed her gratitude for the many opportunities and the endless support she gained from coaches, teammates and her family throughout her entire recovery process. Without those, she believes she would not be the goalkeeper she is today.

A year ago I wasn't playing, so I am very lucky to be in the spot that I am now.

"I'm just very grateful for the opportunities that my coaches Jeremy (Groves), Keyton (Wheelock), and Leslie (Gillies) give me," LaPoint said. "I love my team, it's like a family."

"They put their trust in me, even though I took a whole year off, and that trust didn't skip a beat."

Jenna Spanola | Staff photographer

CMU goalkeeper Allison LaPoint poses for a studio portrait, Oct. 2, in Moore Hall. LaPoint has started every game this season and booked 52 saves to date, after sitting out the 2022 season due to a concussion.



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Photo of the day

Sophie Paar | Staff photographer

The sun rises over Fabiano Botanical Garden as the Walt Whitman poetry reading begins, Friday, Oct 6.



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Southpoint/Winchester	:15	:45	EVERY 1/2 HOUR
Village at Bluegrass	:21	:51	EVERY 1/2 HOUR
University Meadows	:25	:55	EVERY 1/2 HOUR
Union Square	:29	:59	EVERY 1/2 HOUR
Target			UPON REQUEST
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR
Washington/Ojibway	:44	:14	EVERY 1/2 HOUR
Anspach/Pearce	:45	:15	EVERY 1/2 HOUR
Ronan/Grawn	:47	:17	EVERY 1/2 HOUR
Main St./Gaylord	:48	:18	EVERY 1/2 HOUR
MMC/DOAN CENTER			UPON REQUEST
Washington/Clayton	:05	:35	EVERY 1/2 HOUR
Larzalere	:06	:36	EVERY 1/2 HOUR
Wightman	:07	:37	EVERY 1/2 HOUR
Park Library	:08	:38	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:12	:42	EVERY 1/2 HOUR

GOLD

SAC/McGuirk	:13	:43	EVERY 1/2 HOUR
Stadium Mall			UPON REQUEST
TJ Maxx			UPON REQUEST
Walmart			UPON REQUEST
Copper Beech	:26	:56	EVERY 1/2 HOUR
The Reserve	:28	:58	EVERY 1/2 HOUR
Jamestown	:30	:00	EVERY 1/2 HOUR
Yorkshire Commons	:33	:03	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

DEERFIELD

TOWERS @7/11	:15	:45	EVERY 1/2 HOUR
Deming Edgewood	:16	:46	EVERY 1/2 HOUR
Westpoint Village	:18	:48	EVERY 1/2 HOUR
Deerfield Village	:20	:50	EVERY 1/2 HOUR
Lexington Ridge	:25	:55	EVERY 1/2 HOUR
Theunissen Stadium Lot#70	:27	:57	EVERY 1/2 HOUR
Commuter Lot #75	:29	:59	EVERY 1/2 HOUR
SAC/McGuirk	:30	:00	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

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MONDAY - FRIDAY 7:00 AM - 7:00 PM

8:00PM & 10:30PM RETURN FROM PARK LIBRARY TO APT. COMPLEXES ONLY

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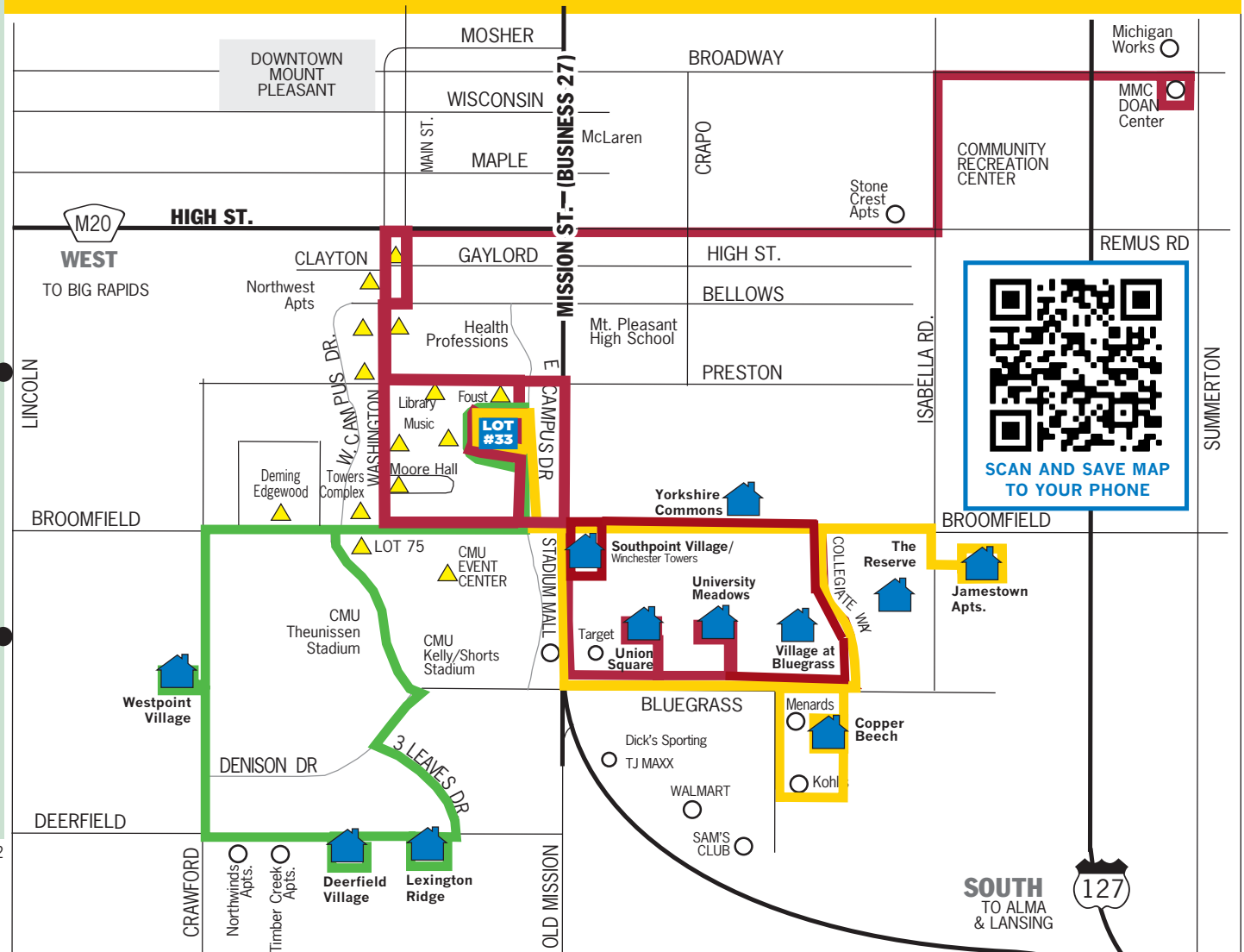
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\$25



KEN JEONG

SATURDAY, NOVEMBER 18 | 8:00PM
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